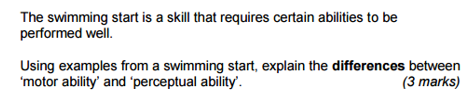
**Skill and Ability Exam questions**

1. Using examples, explain the difference between cognitive and psychomotor skills

(2 marks)

1. Performers need to learn skills in order to take part in physical activity. Skilled movements are learned, economic and efficient- they do not waste energy.

Suggest three other characteristics of skill. (3 marks)

1. 
2. 

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